I he by certify that this correspondence is being filed by a positing it with the United States Postal Service as first class mail in an envelope with sufficient postage and addressed to MS: Fee Amendment. Commissioner of Patents, P.O. Box 1450, Alexandria, VA 22312-1450 on the date indicated below.

PATENT

Paper No.

File: Hinne-P3-01

Date: October 20, 2005

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor

Michael Hinnebusch

Serial No.

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For

SYSTEM AND METHOD TO IMPROVE FITNESS

TRAINING

Group Art Unit

3639

Examiner

NELSON, Freda Ann

Honorable Commissioner of Patents P.O. Box 1450 Alexandria, VA 22313-1450

AMENDMENT AND RESPONSE

SIR:

In response to the Office Action mailed 14 July 2005 in the above-referenced patent application, please enter the following amendment and reconsider the application in view of the amendment and the remarks set forth below.